

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE!

CEREAL DESSERTS (February 14, 1944)

This week we have for your service - CEREALS - in desserts. So much has been said about the use of cereals and whole grains in the diet, that we are following through in this release with further suggestions.

Cereals and whole grains have proved their worth as meat extenders. Why not try them in DESSERTS? Such a dessert is substantial and gives body to a soup and salad meal that many choose. Some restaurants throughout the country have featured cereal dishes and found them to be very successful.

They are easy to prepare, inexpensive and are a satisfying finish to a meal. These desserts will maintain eye and taste appeal when it is necessary to keep them on a service table for any great length of time.

The most popular are oatmeal, rice, corn meal, and prepared cereals. Cereal desserts are also excellent means of using dry bread, such as bread custard pudding, brown betty pudding (using fruit as a base), cakes and cookies. This is one way you can do your part in helping to avoid the high percentage of waste in bread and adding to the efficiency of operation.

There is still a plentiful supply of IRISH POTATOES . Use them in soup, salad or the main dish.

(over)

DESSERT SUGGESTIONS:

Oatmeal Gingerbread
Oatmeal Apple Betty
Cornmeal Pudding
Raisin Wheat Pudding (using cracked wheat)
Prepared cereals combined with custards give added flavor

HONEY, RICE & PRUNE PUDDING

Ingredients	Servings		
	20	50	100
Cooked Rice	7 C.	3 Qts.	6 Qts.
Eggs beaten lightly	7	1-1/2 doz.	3 doz.
Honey	8 oz.	1-1/3 lb.	2-1/2 lbs.
Prunes-chopped	1 lb.	1-1/2 lb.	3 lb.
Milk	3 C.	2 Qts.	1 gal.

Arrange alternate layers of rice, prunes or raisins in a baking pan. Spread honey over each layer. Pour beaten eggs and milk over the layers. Bake in moderate oven about 45 minutes.

OATMEAL APPLE BETTY

Ingredients	Servings		
	20	50	100
Oatmeal-cooked	1-3/4 Qt.	4 Qts.	8-1/2 lbs.
Apples-sliced (or other fruit)	5 lbs.	14 lbs.	25-30 lbs.
Brown Sugar	1-3/4 C.	5 C. (2#)	8-1/2 C. (4 1/2#)
Cinnamon	5 Tsp.	1-1/2 Tbsp.	3 Tbsp.
Dry Crumbs	1 C.	2-1/2 C.	4 1/2-5 C.
Margarine	3/4 C.	2 C. (1#)	3-1/2 C.

Arrange layers of cooked cereal and thin sliced apples in a buttered baking dish so that the top layer is of apple.

Sprinkle each layer of fruit with cinnamon.

Mix the melted margarine and the dry bread crumbs and cover the top layer of apples with them.

Bake in moderate oven (350°F) for 35 to 45 minutes.

Serve with a vanilla or lemon sauce.

